By learning good Study Skills, we are developing good Study **HABITS**.

It's just like brushing your teeth – we're developing habits. By sharpening skills now, we are hoping to create good habits for studying – or, actions that don't require much thought or effort but are simply remembered and learned by repetition.

As students move into Middle School from Elementary School, they become more in control of their time through the day. We reflected on life as an elementary schooler – where time was very directed by teachers, where they were in the same classroom every day, where everything was planned to the minute for them. As students move forward in grade levels, they control more and more of their time. It starts with the 5 minutes between classes, or during lunchtime, or after school help time. In high school and college, time comes even more into their control. While free time is necessary, wasting time does no favors for a busy student.

We talked about 3 ways to help not waste time in the evenings:

1. **Pick one place to study:** Know where that spot is. Have materials there to study, and make sure it is free from distractions like other people, loud music, or television/games.
2. **Know what homework you're going to start with:** Pick your most difficult subject and complete it first. You will have the most energy for it, and when it is done… it's over! **OR** pick your easiest subject, and complete that homework first. This will give a confidence boost and increase energy when tackling other homework.
3. **Keep your assignments in one place you can reference quickly:** this may be an assignment book that helps you keep track of things weekly, or daily, or create a mixture of the two. (See the MEGA-Grid, the Daily Homework Log, and the Weekly Assignment Sheet also in this packet.) This may be an individual preference – the important thing is that students use what works best for them.

**Stress is cumulative,** meaning it builds up unless we take care of it. Here are 5 ways to avoid unneeded stress:

1. **STUDY LESS… but more often!** If you are more familiar with your notes along the way, studying for a test or quiz won't be as daunting of a task.
2. **CATCH UP** on missing assignments immediately. The longer they loom over you, the more likely they will not be completed, or you may forget the material they cover.
3. **Get SLEEP.** That helps your mood, your attention, and your retention of new material. At least 8 hours for adults, so even more for growing bodies!
4. **EAT GOOD FOOD** for your body and brain. And drink plenty of water!
5. **Set specific GOALS** for yourself. Instead of saying “I want to get better grades,” be as specific as possible – “I want to pull my Science grade up to an 80% in three weeks by completing all of my make-up work and getting a 90% on my next test.” Make sure the goal is attainable, and that there are specific steps to get there in a fixed amount of time.

Do you have **Test Anxiety?** It takes several forms:
- Heartbeat races
- Habits – nail-biting, twitching, fidgeting
- Sweating – your forehead/scalp, hands/palms, or even feet.
- Giving up – talking yourself out of doing well

**How do we combat Test Anxiety?** Remember this **PLAY:**
- **P** – Practice makes perfect. Practice taking the test – make up your own! Get someone to quiz you on vocab words or math equations so you'll know before the test what you really do or don't know.
- **L** – Look through the entire test when the teacher hands it out. If there are easy points you know, answer those. One part of the test may help you with another. Look at the big picture – don't get stuck on the first problem or question!
- **A** – Attitude IS everything. Go into the test with the attitude you're going to get 100%! Don't sell yourself short. If you have studied enough, you can do well. Sometimes you just need to give yourself a pep-talk.
- **Y** – Trust YOUR GUT! If you've studied, go with your gut. More often than not, it is right. Always double-check your work if you have time, but trust yourself and your own knowledge if you've prepared for the test.
By learning good **Study Skills**, I am developing good **Study** __ __ __ __ __ __.

This is the best **PLACE** for me to study:

________________

This is my most difficult subject:

__________________________

...which means I should work on it FIRST!

Mrs. Tucker’s Tip of the Week:

<table>
<thead>
<tr>
<th>3 Ways of Keeping Track of My Assignments...</th>
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<tbody>
<tr>
<td>1.</td>
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<tr>
<td>2.</td>
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<td>3.</td>
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## Mrs. Tucker’s MEGA-GRID

<table>
<thead>
<tr>
<th></th>
<th>Catch-Up or Review?</th>
<th>Tonight’s Homework</th>
<th>Upcoming Q/T/A/s?</th>
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<tr>
<td><strong>Science</strong></td>
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<tr>
<td><strong>Math</strong></td>
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Study Skills Bootcamp, Session #2

5 Ways to Knock Out Stress:

On tests, remember Coach Tucker’s PLAY!:

PLAY
Study Skills Bootcamp

Session #1
Time Management & Assignment Organization
By learning good study skills, I am developing good study ______.
THIS HOMEWORK LOOKS HARD...

DO YOU WANT ME TO EAT IT?
3 WAYS TO KEEP TRACK:

1. Daily
2. Weekly
3. “Mega-Grid!”
<table>
<thead>
<tr>
<th>Class</th>
<th>Tonight’s Homework</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
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<td>Tuesday</td>
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<td>9:20-10:05</td>
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<tr>
<td>Subject</td>
<td>Catch-Up Work or Review</td>
<td>Tonight’s Homework</td>
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</tbody>
</table>
Mrs. Tucker’s Tips of the Week:
Bootcamp Session #1 Review:

Last time:

- Study place?
- Assignment sheet?
- Doing hardest subject first?
What makes you feel stressed?
Stress is cumulative.

(what does that mean?!)
Ways to KNOCK OUT stress:

1. **STUDY LESS**...but more often!
2. **CATCH UP** on late assignments NOW, not later.
3. Get **SLEEP**!
4. Eat good **FOOD** for your body and brain. (and drink **WATER**)!
5. Set specific **GOALS** so you can tell you’re making progress, and that you have something to work towards.
Test Anxiety

Heartbeat
Your pulse goes up!

Habits
Nail biting
Twitching, fidgeting, or unable to sit still

Sweating
Do your hands or feet sweat?
Does your forehead sweat?

Giving Up!
Ever sike yourself out or give up before the test even starts?!
How do we fix test anxiety?
PRACTICE makes perfect!

LOOK through the entire test first!

ATTITUDE makes a difference

Trust YOUR GUT